

TABLE III

Essentially Protein-free Carbohydrate and Fat Foods		
Food (100 g)	Protein	Energy
Sugar	0.0	384
Corn Oil	0.0	884
Apricot	0.8	57
Pineapple	0.4	52
Peach	0.8	52
Strawberry	0.8	36
Pondapple	0.4	52
Tangerine	0.7	43
Mango	0.5	59
Apple	0.3	58
Muskmelon	0.5	25
Orange	0.7	50
Loquat	0.2	44
Papaya	0.5	32
Pear	0.3	56
Watermelon	0.5	22
Celery	0.8	19
eggplant	1.0	27
Waxgourd	0.5	14
Chayote	0.9	31
Lettuce	1.0	13
cucumber	0.7	15
Ripe Tomato	0.8	21
Sweet Cassava	1.0	132
Carrot	0.8	41

TABLE IV

Nitrogen Balance (mg/kg/day) Results by Group and Diet					
GROUP	DIET	N OUTPUT		N BALANCE (*)	
		MEAN	S.D.	MEAN	S.D.
1	G	99.2	0.2	-35.2	0.2
	H	78.1	0.2	-14.1	0.2
	I	107.6	0.3	-43.6	0.3
	J	80.6	0.2	-16.6	0.2
	K	63.998	0.001	0.002	0.001
2	H	78.0	0.2	-14.0	0.2
	I	107.3	0.2	-43.3	0.2
	J	80.4	0.1	-16.4	0.1
	K	63.998	0.001	0.002	0.001
	G	99.2	0.1	-35.2	0.1
3	I	107.6	0.1	-43.6	0.1
	J	80.5	0.2	-16.5	0.2
	K	63.997	0.001	0.003	0.001
	G	99.3	0.2	-35.3	0.2
	H	77.9	0.2	-13.9	0.2
4	J	80.6	0.4	-16.6	0.4
	K	63.997	0.001	0.003	0.001
	G	99.4	0.2	-35.4	0.2
	H	78.0	0.2	-14.0	0.2
	I	107.7	0.2	-43.7	0.2
5	K	63.998	0.001	0.002	0.001
	G	99.3	0.2	-35.3	0.2
	H	78.0	0.4	-14.0	0.4
	I	107.4	0.2	-43.4	0.2
	J	80.6	0.2	-16.6	0.2

(*) N BALANCE = N INTAKE (64 mg/Kg/day) - N OUTPUT

TABLE V

Nitrogen Balance (mg/kg/day) (All 30 Subjects)			
DIET	N	MEAN	S.D.
G	I	64	
	O	99.3	0.2
	B	-35.3	0.2
H	I	64	
	O	78.0	0.2
	B	-14.0	0.2
I	I	64	
	O	107.5	0.3
	B	-43.5	0.3
J	I	64	
	O	80.5	0.2
	B	-16.5	0.2
K	I	64	
	O	63.997	0.001

TABLE V-continued

Nitrogen Balance (mg/kg/day) (All 30 Subjects)			
DIET	N	MEAN	S.D.
	B	0.003	0.001

I = N INTAKE; O = N OUTPUT; B = N BALANCE

TABLE VI

Net Nitrogen Utilization (NNU) by Diet		
DIET	NNU	N/LOSS
G	45%	55%
H	78%	22%
I	32%	68%
J	74%	26%
K	100%	0%

I claim:

1. A method of increasing the protein nutritional value of a food in order to prepare a nutrified food product, said method comprising:

(a) determining the content of essential amino acids in said food;

(b) adding to said food an amount of essential amino acids to form a nutrified food product having for each 10 grams of essential amino acids the following amounts of essential amino acids:

(a) from 0.608 g. to 2.470 g. isoleucine;

(b) from 0.913 g. to 4.102 g. leucine;

(c) from 0.630 g. to 3.538 g. lysine;

(d) from 0.116 g. to 1.167 g. methionine;

(e) from 0.421 g. to 1.971 g. phenylalanine;

(f) from 0.485 g. to 1.930 g. threonine;

(g) from 0.104 g. to 0.700 g. tryptophan; and

(h) from 0.630 g. to 2.850 g. valine.

2. A method as defined in claim 1, wherein the food is derived from a vegetable source.

3. A method as defined in claim 1, wherein the food is derived from an animal source.

4. A method as defined in claim 2, wherein said food is selected from the group consisting of wheat flour, soybean flour, oat flour, corn flour, amaranth flour, nut flours, potato flour and rice flour or mixtures thereof.

5. A method as defined in claim 3, wherein said food is derived from milk.

6. A method as defined in claim 1, wherein vitamins and minerals are added to said food.

7. A method as defined in claim 1, wherein a protein free carbohydrate is added to the nutrified product.

8. A method as defined in claim 7, wherein a highly polyunsaturated vegetable fat is added to the nutrified product.

9. A nutrified product produced by the process of claim 1

10. A nutrified product produced by the process of claim 4.

11. A nutrified product produced by the process of claim 5.

12. A nutrified product produced by the process of claim 7.

13. A nutrified product produced by the process of claim 8.

14. A method of increasing the protein nutritional value of a food in order to prepare a nutrified food product, said method consisting essentially of the steps of:

(a) determining the content of essential amino acids in said food;